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Subject: Naval Service Medical News (NSMN) 94-43

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SUBJ/PUBLIC AFFAIRS-NAVAL SERVICE MEDICAL NEWS (NSMN) (94-43)//  
POC/P.C. BISHOP/CAPT/MED-00P (PUBLIC AFFAIRS)/-/TEL:(202)  
653-1315/TEL:DSN 294-1315/-//

RMKS/1. THIS SERVICE IS FOR GENERAL DISTRIBUTION OF INFORMATION AND NEWS OF INTEREST TO NAVY AND MARINE CORPS MEMBERS, CIVILIAN EMPLOYEES, FAMILY MEMBERS AND RETIRED BENEFICIARIES OF NAVY MEDICINE. MAXIMUM AND TIMELY REDISTRIBUTION OR FURTHER REPRODUCTION AND USE BY ACTION ADDRESSEES IS ENCOURAGED. THIS MESSAGE HAS BEEN COORDINATED WITH THE COMMANDANT OF THE MARINE CORPS (CMC). THE COMMANDANT HAS AUTHORIZED TRANSMISSION TO MARINE CORPS ACTIVITIES.

2. HEADLINES AND GENERAL INTEREST STORIES THIS WEEK:  
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(940353)-What a Trip It Was -- Exercise Incentive with a Twist  
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HEADLINE: Successful New Surgical Procedure at Portsmouth  
NMC Portsmouth, VA (NSMN) -- An interdisciplinary team of surgeons at Naval Medical Center Portsmouth has successfully developed a new reconstructive surgical procedure known as Endoscopic Assisted Craniofacial Surgery to correct craniofacial birth defects.

The new procedure minimizes required surgical incisions, postoperative swelling and recovery time. Total length of surgery and blood loss are also reduced. This less-invasive procedure will benefit children with a wide range of craniofacial birth defects. It is anticipated that further experience with these techniques combined with the development of new equipment will impact the entire field of craniofacial surgery.

LCDR Mark L. Zukowski, MC, head of the plastic surgery department at the medical center, brought together the surgical team, which also includes LCDR Brian Curtis, MC, a neurosurgeon at the center, and Frank A. Vicari, MD, of Children's Memorial Hospital in Chicago. The team has performed this procedure on three patients to correct a birth defect called sagittal suture synostosis. Sagittal suture synostosis occurs when the cranial plates in the newborn's skull are fused along the top of the

head, inhibiting normal skull growth and limiting brain growth and development.

All three patients were about four months old at the time of surgery. The first procedure was performed in August 1994.

Story by LT Merritt Allen

-USN-

HEADLINE: Twentynine Palms Aids Battalion Aid Stations

NAVHOSP Twentynine Palms, CA (NSMN) -- To help cut costs for Battalion Aid Stations (BASs) here at the Marine Corps Air Ground Combat Center (MCAGCC), and to save time in ordering and receiving pharmaceutical and other medical supplies, the hospital's Pharmacy and Healthcare Supply Officer have come up with a creative plan.

That plan is to get each BAS at MCAGCC to set up an account with Naval Hospital's supply department, with the assistance of LTjg Michael Meadows, head, Naval Hospital Twentynine Palms Materials Management Department. "Currently each BAS has to compete with the command's other entities for a share of the supply budget ... which is extremely limited," says LT Philip Blaine, head of the hospital's Pharmacy Department. Their current supply system is such that BASs must wait several weeks to receive pharmaceutical supplies. With this problem facing them, they have to stockpile medications to meet their patient needs. With Meadows and Blaine's plan, the Battalion Aid Stations could order the pharmaceutical and even other medical supplies directly from the Naval Hospital. Prime Vendor ordering will allow the Battalion Aid Stations to receive their orders within 24 hours and items that cannot be ordered through Prime Vendor will be ordered by the hospital's Supply Department.

According to Blaine, this program will save time, money and promote goodwill. "Prime Vendor will reduce the turnaround time approximately 13 days for the Battalion Aid Stations to receive their supplies," said Blaine. "When a BAS orders medications through the Supply Depot, they have to pay a surcharge of up to 20 percent. When ordering those same supplies through Prime Vendor, the Battalion Aid Stations pay about 1 percent over the average wholesale price. It doesn't take a mathematician to figure the potential savings that this would create," Blaine added. "Supplying the Battalion Aid Stations from our own supplies would consume our OPTAR funds in a hurry. However, we must be in a position to help our shipmates when they ask for our help."

The ability of the Naval Hospital to deliver supplies to the Battalion Aid Stations within one day eliminates the need for the aid stations to stockpile drugs. Blaine pointed out that this would substantially reduce the amount of expired drugs.

"The best 'side effect' of all is that the time saved should benefit the patients themselves. If the health care providers don't have to spend time as supply officers, they can spend more time with patients. Moreover, money saved in the Medical OPTAR can be better utilized, and the need for carrying large supplies of medications which will expire has virtually disappeared," said Blaine.

Story by Dan Barber

-USN-

HEADLINE: What a Trip It Was -- Exercise Incentive with a Twist  
USS Fort McHenry (NSMN) -- The Morale, Welfare and Recreation (MWR) committee in USS Fort McHenry (LSD 43) has implemented a motivational incentive program to encourage physical fitness. Have you ever biked around Mercury? Perhaps you would like to row the Mississippi, or climb Mount Everest? These are the goals of Sailors and Marines on board as they strive to stay fit.

The main goal of the program is to encourage long-term physical fitness and health, says HTC(SW) Larry Rucker, who started the program. Traditionally, keeping fit has been a challenging task aboard ship due to limited space and equipment. Under the guidance of Rucker, Fort McHenry obtained exercise equipment, which was installed in the ship's anchor windlass machinery room.

Two rowing machines were purchased and four stair-step machines were acquired from decommissioning units. Two of the steppers were not operational, but the ship's electronic technicians made short work of that, quickly repairing them. Hull technicians welded the equipment in place. Sailors and Marines share cleaning responsibilities for the equipment.

Once the equipment was installed, the challenge was to motivate people to make the most use of it. An incentive program was developed by MWR. Sailors and Marines can row, climb or bike their way toward fitness. Each day, they record and report their progress. When the goals are reached, the individual is awarded an original t-shirt designed by a crew member saying that they Biked Around Mercury, or Rowed the Mississippi or Climbed Mount Everest in USS Fort McHenry.

Over one hundred crew members are participating in the program. Many more use the equipment as part of their daily fitness regimen.

USS Fort McHenry was recently on deployment in the Northern Arabian Gulf and is homeported in San Diego. Fort McHenry is commanded by CDR Charles F. Webber, USN  
Story by LT Robert I. Adams

-USN-

HEADLINE: Making 'Safe' Even Safer in Iwakuni

USNH Yokosuka, Japan (NSMN) -- "The Japanese people are the most gracious people I've ever met," says LT Terry O'Reilly, head of Iwakuni's Occupational Health and Preventive Medicine Department. "Here in Iwakuni, we're able to experience a little more of that. It's in the country. It's a great place to live."

O'Reilly said he's not new to Japan, but it "still feels like it."

"Everything around here is unique. There's no place on earth you can see things like here. A baseball game is like a big high school game." Along with being enthusiastic and tremendously competitive, the Japanese people are friendly when you get to know them, according to O'Reilly.

Working at the Iwakuni Branch Medical Clinic of U.S. Naval Hospital Yokosuka is also "a great professional opportunity," said O'Reilly, "because I have the ability to be involved in all aspects of occupational health and preventive medicine. We cover the whole gamut."

He added, "I am an 'Environmental' Health Officer, but we don't fix the ozone layer. We are a public health office. We help prevent disease." As the Navy and Marine Corps' equivalent of a local public health department, his department works to ensure the health of the work force and families.

O'Reilly and his team conduct inspections of food service facilities, provide community health surveillance and work to ensure prevention of disease, injury and illness. "Our people are the unsung heroes of the Navy medical community. We don't get a lot of notice, but we do very good medical surveillance on this base."

Occupational Health and Preventive Medicine has also been directly involved in Operation Cobra Gold in Thailand, a Japanese Encephalitis Serological Survey, the Pediatric Lead Screening Program and HIV/AIDS awareness education.

Last winter, O'Reilly spoke to an audience of about 1,000 Japanese public health community leaders and citizens at Ube City about HIV and AIDS prevention. This summer he attended the 10th International Conference on AIDS in Yokohama.

"I hope Japan can learn from our mistakes," he said candidly. "AIDS is not spread by only homosexuals and drug abusers," he said. "It's very encouraging to see the beginnings of better HIV prevention education in Japan."

He and his team have provided help to members of the Japanese community. "We have good community relations," he said. "We've had some liaison with the local public health community. They're beginning their own HIV/AIDS awareness program, and we provided some assistance in their prevention education program."

O'Reilly says it's important to have good ties with the community on base, as well. "We're like a watchdog," he said. He and his staff test drinking water, food, noise, heat and other environmental factors to protect health and promote safety.

Late this summer, O'Reilly spent a week in Sasebo, helping the community there and at the nearby Hario housing area. The Sasebo area was experiencing a severe water shortage. Hario, in fact, had been rationing water for over a month.

Preventive medicine measures must be taken during a water shortage to prevent disease. "I was glad to be able to go down there," said O'Reilly. "There are a lot of good people there working together -- the Medical Department, Public Works and Marines for Okinawa. They are totally on top of everything. They made my job easy."

In Iwakuni, located in Yamaguchi Prefecture, Terry's wife Mary Lynn and son Bryan are enjoying life in Japan. "This is a great place for kids," he said. Would he recommend duty in Japan to colleagues and friends? "You bet."

Story by Bill Doughty

HEADLINE: HEALTHWATCH: Walking Your Way to Health

NAVHOSP Bremerton, WA (NSMN) -- There's an old saying about exercise: "no pain, no gain." But a constantly increasing number of Americans are saying "pain's insane." These fit folks are involved in an activity that burns as many calories as jogging, requires no special equipment, and can be done anywhere, anytime by people of all ages, even those who have never exercised before. It's walking.

Walking at a brisk pace for a minimum of 30 minutes daily is an aerobic exercise, just like jogging or aerobic dance. But unlike those forms of exercise, walking is far less stressful on the body and is virtually injury-free.

Walkers who move briskly and steadily stimulate their hearts and increase the body's flow of oxygen-filled blood. Walking delivers other benefits, too, among them: improved circulation, diminished risk of heart disease and heart attacks, strengthening of bones, enhanced clarity of thinking, feeling of well-being, body toning and improved appearance.

It's easy to get into the walking habit -- and keep it. Walking has the lowest drop-out rate of any form of exercise because it can be fitted easily into any schedule and is inexpensive. Also, walking is ideal for both private people and those who like company while they exercise.

No special skill is required. Toes straight ahead, legs swinging from the hips, shoulders down and posture straight with head slightly raised.

Walking can provide the same benefits as more vigorous exercise, but it's stressless on the body, enjoyable for almost everybody, inexpensive and easy.

Story by LTjg R. McNamara, NC, USNR

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3. Professional Notes: Information on upcoming symposiums, conferences or courses of interest to Navy Medical Department personnel and wrap-ups on ones attended. Anyone with information to share in this section should contact the editor (see the last paragraph of this message on ways to do so).

Scheduled Meetings:

-- 13-18 November 1994, Association of Military Surgeons of the United States' Annual Meeting, "Unity Through Diversity," Orlando, FL, (301) 897-8800.

-- 6-9 December 1994, NAMI Naval Aeromedical Problems Course, Pensacola, FL. The theme is "Women in Combat." For information contact the NAMI Academics Department at DSN 922-2741/8365, (904) 457-274/8365. E-mail inquiries should be addressed to code326@amd2.med.navy.mil.

-- 4 February 1995, 2nd Annual Update in Behavioral/Developmental Pediatrics, University of California San Francisco; (415) 476-4251.

-- 1-4 March 1995, 20th National Conference of the American Academy of Ambulatory Care Nursing, "Enhance Healthcare Systems through Strategic Alliances," Washington, DC. Call AAACN at (609) 256-2350 for a brochure.

-- 4-10 March 1995, 36th Navy Occupational Health and

Preventive Medicine Workshop, Hampton, VA (see story below).

-- 20-22 March 1995, Fourth Annual Advanced Training Seminar in Hyperbaric Medicine, sponsored by Richland Memorial Hospital and the University of South Carolina School of Medicine. For registration information, write to Hyperbaric Medicine, Five Richland Medical Park, Columbia, SC 29203; (803) 434-7101.

-- 20-24 March 1995, Shea-Arentzen Nursing Symposium 1995, "Navigating New Frontiers of Nursing Practice: The Challenges of Health Care Reform," La Jolla, CA. Contact CDR Chris Laurent, NC, or CDR Bill Aiken, NC, at DSN 522-6412 or (619) 532-6412 for more information.

-- 11-13 April 1995, Navy League's Sea-Air-Space Symposium, Washington, DC (see story below).

-- 20-22 April 1995, Postgraduate Course in General Surgery, University of California, San Francisco. For registration information call (415) 476-5808; for program information call (415) 476-4251.

-- 25-27 May 1994, 11th Annual Current Issues in Anatomic Pathology, University of California School of Medicine, (415) 476-4251.

-- 5-8 June 1995, HHS International Congress on Hazardous Waste: Impact on Human and Ecological Health, Atlanta. Deadline for abstracts is 1 February 1995. For information, contact Dr. John S. Andrews, Jr., Associate Administrator for Science, Agency for Toxic Substances and Disease Registry, 1600 Clifton Rd., NE (E-28), Atlanta, GA 30333; (404) 639-0708, e-mail JSAI@ATSOAA1.EM.CDC.GOV.

-- 9-11 November 1995, The Integrated Function of the Lumbar Spine and Sacroiliac Joints, San Diego. Deadline for abstracts is 13 January 1995. Direct inquiries and submissions to European Conference Organizers, P.O. Box 4334, 3006 AH Rotterdam, The Netherlands; 31-10-4133287.

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HEADLINE: NEHC Sponsors 36th Navy OccHealth/PM Workshop

NEHC Norfolk, VA (NSMN) -- The Navy Environmental Health Center will sponsor its Thirty-Sixth Navy Occupational Health and Preventive Medicine Workshop in Hampton, VA, 2-10 March 1995. The Center has selected Hampton University as the main site of the conference.

The 36th Workshop is expected to draw close to 2,000 military and civilian occupational health, preventive medicine, environmental programs, health promotion, safety, and other professionals from around the world. Attendees representing more than 60 specialties will have the opportunity to draw from a wide range of courses, concurrent sessions, specialty meetings, professional development meetings, working groups, computer demonstrations and poster sessions at which more than 300 speakers will preside. Conference offerings will reflect the workshop theme, "Prevention and Protection: Our Global Commitment." Workshop program focus will be in the following specialty areas: audiology/hearing conservation; entomology; environmental health; environmental programs; health promotion; industrial hygiene; the NAVOSH Program; occupational health

nursing; occupational medicine; preventive medicine technicians/ independent duty corpsmen; radiation health; and resource management.

An advance flyer containing a Workshop program summary and points of contact for conference specialty areas is currently available. A more detailed advance program will be available at the end of the year.

The Thirty-Sixth Navy Occupational Health and Preventive Medicine Workshop will formally open on Monday, 6 March 1995. In the near future, Navy Environmental Health Center Workshop officials will announce featured speakers for the opening ceremony, as well as for the Third Annual Woodward Lecture, scheduled for Tuesday, 7 March. An Occupational Health and Preventive Medicine Awards Ceremony will follow the lecture. All three special events will take place in Hampton University's Ogden Hall.

Among the awards to be presented at the workshop are:

- The Navy Environmental Health Center Commanding Officer's Award for Outstanding Support of Navy Occupational Health and Preventive Medicine.

- The Ernest Brown Award for Excellence in Navy Occupational Health.

- The Charles Stephenson Award for Excellence in Navy Preventive Medicine.

- The HMCM Stephen Brown Preventive Medicine Technician of the Year Award.

The annual NEHC workshop is a major source of continuing education credit. Participants at last year's workshop received 14,214 credits, with a total of 16,976 contact hours. NEHC will apply for 1995 conference credit for audiologists, certified industrial hygienists, certified safety professionals, environmental engineers, health physicists, independent duty corpsmen, physicians (including family practice physicians), preventive medicine technicians, professional nurses and sanitarians.

Director for the 36th Workshop is CDR Richard M. Gilbert, MC. Assistant director is Richard M. John. For more information, call the Workshop Hotline at (804) 444-7575, x432 (DSN prefix, 564-).

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HEADLINE: Navy League Exposition Opens in April

NLUS Washington (NSMN) -- The Navy League of the United States will once again hold the Sea-Air-Space Exposition, the largest of its kind in the world, in Washington DC, 11-13 April 1995 at the Sheraton Washington Hotel. This year's event, with the theme "Sea Power for the 21st Century," will feature approximately 150 exhibits of defense-related technology, educational seminars and special programs. The 1994 Sea-Air-Space Exposition, held in late March, attracted more than 10,000 attendees.

Navy League National President Evan Baker explained, "The exposition is a tremendous forum for bringing together people in the defense industry -- the people who design and manufacture the

systems and equipment for our sea services -- and the military men and women who are the end-users of the systems and equipment. The pace of change in our nation's sea services has reached an unprecedented level, and tomorrow's forces must be ready, flexible and able to meet a multitude of challenges anywhere in the world. The 1995 Sea-Air-Space Exposition will help provide answers to the question, 'What kind of sea power will we need to meet the challenges of the 21st century?'"

The Navy League is a civilian, patriotic, educational organization dedicated to informing American citizens of the need for a strong maritime defense. The organization engages in activities supportive of the U.S. Navy, Marine Corps, Coast Guard and U.S.-flag merchant marine.

For more information, contact the Navy League at (703) 528-1775.

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4. November observances and events occurring 13-25 November:

National American Indian Heritage Month  
American Heart Disease Prevention Month  
Diabetic Eye Disease Awareness Month (1-800-331-2020)  
National Diabetes Month (1-800-232-3472)  
National Hospice Month (205/934-1932)  
13-19 November: Operating Room Nurse Week (303/755-6304,  
ext. 277)  
13-19 November: Education Week  
13-19 November: Geography Awareness Week  
14 November: Reserve O-7 MC Selection Board Convenes  
14-20 November: Children's Book Week  
17 November: Navy Smokeout Day/Great American Smokeout  
20 November: Children's Day  
21 November: National Hello Day  
21 November: National Military Family Recognition Day  
22 November: O-8 MC Board Convenes  
22 November: Night Detailing until 2200 (EST)  
24 November: Thanksgiving

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HEADLINE: Navy Smokeout Day for 1994 Coming Up

BUPERS Washington (NSMN) -- Navy Smokeout Day, 17 November, is a chance for Sailors, Marines and families to celebrate a day for themselves and their health. It is held in cooperation with the American Cancer Society's Great American Smokeout.

"We must continue to promote healthy lifestyles and strive to reduce smoking in order to improve the overall health of all Sailors," said VADM Skip Bowman, Chief of Naval Personnel.

More information can be found in NAVADMIN 205/94, by calling LCDR Anderson at (703) 614-5742, DSN 224-5742, or from the American Cancer Society, 1-800-ACS-2345.

Story by LT Dave Waterman, BUPERS Public Affairs

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5. ADDRESSEES ARE ENCOURAGED TO SUBMIT INFORMATION AND NEWS ITEMS OF MEDICAL DEPARTMENT OR BENEFICIARY INTEREST (IN STORY



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